Dear Wendy,

Still eating pigs, cows, chickens, and other assorted things with faces? This free vegetarian seminar is just for you!

I know, I know, your great grandmother used to eat seven pigs a week on the farm back in the old country and she lived to be 102. Sure she did.

Your great, great grandfather from Fairy Tale Land consumed rows of mooing Angus beef and he was very healthy. In fact, the story goes that he was the oldest man in the Village. Older than most of the cows.

Then there is the legend of your Uncle Poowie, who smoked eight packs of cigarettes a day. The story goes that he started smoking when he was in diapers. Nothing ever
happened to him. He's doing just fine. (*Cough-wheeze-cough-cough.*) As a matter of fact, he ran in the 1922 Olympic Games and came in at a smoking track record.

Convinced by the billions of dollars the fast-food industry spends on advertising their wares, who can blame you for all the confusion over what is placed in front of you every day to get your mouth watering and your heart pumping.

"Would you like a hot Mocha Shake with your order?"
"If there are no cars in front of you, please move forward."

You've read the articles and listened to your doctor telling you to "Do something and try to make better food choices," but how? Well, on **Sunday, March 25, 2012, at 2:30 p.m.,** we are providing you with a great way to find out about all the confusing stuff you hear when it comes to good health.

Perhaps your favorite chef thinks a doughnut with melted cheese and three slices of "lean" crispy bacon with a side of cream-filled cookies makes for a satisfying healthy meal. Really?

This new series of vegetarian cooking classes sponsored by **REACH-NYC** will have a Certified Diabetes Educator and a great down-home vegetarian chef. They will have you satisfied in a way that will make you feel better and look better, and you will enjoy real food. You may never pull into a fast-food place again and pay $15.00 for a giant-sized imitation of something that smells great, but we can all do without.

**Join us on Sunday, March 25, 2012, at 2:30 p.m., at a great new location in the heart of the West Village, Historic Manhattan Church, 232 West 11th Street, NYC, just a block-and-a-half west of Seventh Avenue,** where we have a great kitchen and a quiet lecture space. You will enjoy the aroma of the delicious food that awaits you as you listen to the good advice that will be shared with you.

The seminar is called **"Vegetarian Plant-Based Eating for Life and Health."** Check out the information below, clip the coupon, and register by e-mail, or fill it out and mail it in, so we can hold a place for you. **The seminar is FREE.** Come and learn how to make healthful, nutritious, and delicious meals for yourself and your family.

Filling out the coupon will burn up at least 36 calories, so you see you are already starting to live a healthy life. **Take a moment to register now,** before the next commercial for a supersized burger and fries tempts you to spend your money on something that is less than good for you.

We look forward to seeing you on March 25, 2012 at 2:30 p.m. at 232 West 11th Street, NYC. Tell your friends about this seminar and bring them with you. You will never look at a pig, a cow, or a chicken the same way again. Nor will you want to visit those fast-food joints that seem to be everywhere.

**The seminar is sponsored by friends of REACH-NYC, who support good nutrition and a better way of living and eating.**

Here's to your good health.

Best regards,

Tony Romeo / REACH-NYC
FREE
Vegetarian Cooking and Lecture Seminar
“Vegetarian Plant-Based Eating for Life and Health”

Sunday, March 25, 2012
2:30* - 4:30 P.M.
232 West 11th Street, NYC

A Certified Diabetes Educator will be giving an informative talk on how eating
good food can change your life
and health for the better.
Our down-home vegetarian chef will
demonstrate great recipes you can make at
home that will make a difference in your
life and those you love. Invite your doctor!
Register today via email or sending in the
coupon at right, to tell us you’re coming!

*Seminar starts promptly at 2:30 p.m.
Saturday Morning, March 3, 2012
9:15 a.m.
FREE Breakfast with the Word

Join us for a nice, warm breakfast of a healthy whole-grain NYC bagel, oatmeal, fresh fruit, and a hot drink, and wake up your mind with the study of God's Word.

This is a relaxed setting where all are invited to join in, no matter what your faith tradition.

We meet on Saturday mornings at historic Manhattan Church
in the West Village,
at Cafe Reach:
232 West 11th Street, NYC
just a block-and-a-half west of Seventh Avenue.
Breakfast is served at 9:15 a.m.
Study begins at 9:50 a.m.

See you for "Bible with a Bagel."
Invite your friends.

This free breakfast is sponsored by supporters of REACH-NYC and we thank them.

Click here for map of location of Manhattan Church

Donations to REACH-NYC help us in our efforts to reach out to the people of New York City. REACH-NYC is recognized by the IRS as a tax-exempt corporation, and all contributions are fully tax-deductible.*

Contributions can also be made by check payable to: "REACH-NYC" and mailed to: REACH-NYC, P.O. Box 651, North Salem, NY 10560

Thank you in advance for helping the REACH-NYC ministry!

*A receipt will be sent recognizing all contributions at the end of the year for tax purposes.